

FOR FARM PRODUCERS AND WORKERS

WHEN WORKING OUTDOORS, LET'S PREVENT LIGHTNING-RELATED ACCIDENTS!

LIGHTNING poses a real danger to people who work outdoors. Every year, this phenomenon kills between 2 to 3 people in this country and injures 180 others (Environment Canada, 2021). However, these accidents can be avoided by adequate preparation and various preventive measures.

WORKERS must know the dangers and the measures to avoid putting themselves in risky situations, as well as the means to protect themselves when a storm is imminent.

EMPLOYERS are responsible for informing and training their workers on the dangers associated with lightning, for implementing preventing measures for such situations, to alerting their workers if a thunderstorm is announced and for facilitating their evacuation to a safe place.



agricarières
Comité sectoriel de main-d'œuvre de la
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PREVENTING EMERGENCIES IN THE EVENT OF A STORM



- Monitor weather conditions and observe warning signs of a thunderstorm.
- Develop a procedure for evacuating the fields in the event of a storm, including the identification of safe places and shelters, and inform the workers.
- Develop a communication protocol to allow remote teams to communicate with each other to notify each other and inform the workers.
- Train workers on the dangers of being struck by lightning in the event of a storm.

WARNING SIGNS OF A THUNDERSTORM



- Accumulation of clouds and increasingly dark clouds (dark base).
- Change in the wind (arrival of cool wind) and temperature.
- The weather forecast mentions a thunderstorm watch or a severe thunderstorm warning.

PROTECT YOURSELF IN THE EVENT OF A STORM



- As soon as the thunderstorm begins, find safe shelter, such as a steel-bodied vehicle with cabin, a fully enclosed building (including wiring and plumbing) or, failing that, find refuge in a cave, crevice or under a cliff.
- Move away from any overhead structure, such as a pole, mast, crane, or any other metallic structure.
- In the forest, find shelter under dense vegetation made up of bushes and small trees.
- Never stay under a lone tree, along a clearing, in a clearing or on the top of a hill.
- Avoid touching or moving away from any electrically conductive metal surface, including inside or outside a vehicle. Only use battery-powered devices.
- If lightning strikes before you have time to take shelter, crouch down with your forehead on your knees, making sure that your hands and clothing aren't touching the ground. Do not lie on the ground, as this will increase contact with loads conducted by the damp earth.
- Stay under shelter 30 minutes after the last thunderclap.

REACTION TIME



- Thunder can be heard more than 20km from lightning and can be a good indicator of the proximity of lightning: a sharp sound means proximity while a rumble means that lightning is further away.
- Lightning can strike up to 16km from the cloud.
- If 30 seconds or less elapse between lightning and thunder, seek an enclosed shelter.
- If less than 5 seconds elapse between lightning and thunder, seek shelter immediately.

FIRST AID TO A LIGHTNING VICTIM



Victims of lightning do not conduct electrical charges and can be handled without risk.

- **DIAL 911:** a person struck by lightning needs immediate medical attention.
- **ADMINISTER FIRST AID:** if the victim is not breathing or has no pulse, a qualified rescuer should perform CPR.



BE INFORMED

Follow the weather forecast and find out about the warnings in effect, for example on The Weather Network or on the Environment Canada website:

- weather.gc.ca/warnings/index_e.html?prov=sqc
- weather.gc.ca/lightning/index_e.html?id=QUE

During a thunderstorm, a person is nowhere safe outside.
When thunder rumbles, quickly find a safe shelter!



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